





Trails West School Lunch Menu

9-12

~ November 2015 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|--|--|--|--|-----------|
| 1 | 2 Egg Salad Sandwich Gateway Tossed Salad FF ranch dressing Baked Potato Chips Pineapple Chunks Mixed Fruit | 3 Chicken Broccoli Rice Dish Carrots Wholegrain Biscuit w/margarine Apricots Fresh Orange | 4 Macaroni Cheese Ham Bake Herbed Cauliflower Green Beans Garlic Toast Applesauce Chocolate Pudding | 5 Scrambled Eggs Stewed Tomatoes Baked Beans Wholegrain Pancake Spiced Apples Apple Juice | 6 Roast Pork & Gravy Baked Sweet Potato Peas Brown Rice Cornbread muffin w/marg Frozen Strawberries | 7 |
| 8 | 9  No School | 10 Country Fried Steak Mashed Potato w/brown gravy Broccoli Wholegrain Bread w/margarine Spiced Apples | 11 Mock Lasagna Carrots Garlic Toast Mandarin Oranges | 12 Ham Salad Sandwich Macaroni Salad Gateway Tossed Salad FF Ranch Dressing Raisins Apple Juice | 13 Beef Taco Pie Brown Rice Refried Beans Raw Tomatoes Frozen strawberries Banana | 14 |
| 15 | 16 Betty's Chicken Rice Soup Let/Tom/Cheese Salad Pasta Salad FF Ranch Dressing Oatmeal Muffin Square Watermelon Yogurt | 17 Rodeo Macaroni Carrots Spiced Peaches Garlic Toast | 18 Stew Broccoli Corn Noodles Applesauce | 19 Vegetable Lasagna Cauliflower Garlic Toast Apricots | 20 Ham & Bean Soup Roast Turkey Sandwich Tomato Cucumber Onion Salad Mandarin Oranges Baked Potato Chips | 21 |
| 22 | 23 Catfish w/tartar sauce Corn & Broccoli Hamburger Bun – wholegrain Pineapple Chunks Apple Juice | 24 Turkey w/gravy Candied Yams Green Beans Bread Stuffing Cornbread w/margarine Mixed Fruit Cranberry Sauce | 25 No School  | 26  | 27 No School  | 28 |
| 29 | 30 Chicken Noodle Casserole Wholegrain Bread w/marg. & jelly (2) Calif. Normandy Veg. Banana Apple Juice | Notes: Full Price Lunch Per day: \$2.55 Full Month: \$43.35 Reduced Price Lunch: Per day: 40 cents Full Month: \$6.80 Extra Milk 30¢ Milk served with lunch everyday. <div>HAPPY THANKSGIVING!</div> | | | | |

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